



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01287, Yogurt, Greek, plain, lowfat

Report Date: July 16, 2017 18:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	83.56	5	0.068	83.4	83.8	4.0	83.372	83.748	1	Analytical or derived from analytical	--	05/2015
Energy	kcal	73	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Energy	kJ	305	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Protein ¹	g	9.95	5	0.177	9.54	10.4	4.0	9.462	10.442	1	Analytical or derived from analytical	--	05/2015
Total lipid (fat) ¹	g	1.92	5	0.037	1.8	2	4.0	1.816	2.024	1	Analytical or derived from analytical	--	05/2015
Ash ¹	g	0.63	5	0.023	0.55	0.69	4.0	0.564	0.691	1	Analytical or derived from analytical	--	05/2015
Carbohydrate, by difference	g	3.94	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Sugars, total ¹	g	3.56	3	0.060	3.44	3.64	2.0	3.298	3.815	1	Analytical or derived from analytical	--	05/2015
Sucrose ¹	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Fructose ¹	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Lactose ¹	g	2.92	3	0.062	2.8	3.01	2.0	2.651	3.189	1	Analytical or derived from analytical	--	05/2015
Maltose ¹	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2015
Galactose ¹	g	0.64	3	0.003	0.63	0.64	2.0	0.622	0.651	1	Analytical or derived from analytical	--	05/2015
Starch ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Minerals													
Calcium, Ca ¹	mg	115	5	1.393	110	118	4.0	111.333	119.067	1	Analytical or derived from analytical	--	05/2015
Iron, Fe ¹	mg	0.04	5	0.007	0.04	0.07	4.0	0.024	0.064	1	Analytical or derived from analytical	--	05/2015
Magnesium, Mg ¹	mg	11	5	0.086	11	11	4.0	10.681	11.159	1	Analytical or derived from analytical	--	05/2015
Phosphorus, P ¹	mg	137	5	1.068	133	139	4.0	133.836	139.764	1	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1	mg	141	5	1.772	136	147	4.0	135.88	145.72	1	Analytical or derived from analytical	--	05/2015
Sodium, Na 1	mg	34	5	0.309	34	35	4.0	33.302	35.018	1	Analytical or derived from analytical	--	05/2015
Zinc, Zn 1	mg	0.60	5	0.005	0.58	0.61	4.0	0.589	0.616	1	Analytical or derived from analytical	--	05/2015
Copper, Cu 1	mg	0.021	5	0.002	0.02	0.03	4.0	0.017	0.025	1	Analytical or derived from analytical	--	05/2015
Manganese, Mn 1	mg	0.007	5	0.001	0.01	0.01	4.0	0.005	0.009	1	Analytical or derived from analytical	--	05/2015
Selenium, Se 1	µg	12.4	3	0.233	12	12.8	2.0	11.363	13.371	1	Analytical or derived from analytical	--	05/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.8	8	0.199	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Thiamin	mg	0.044	26	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Riboflavin 1	mg	0.233	3	0.023	0.19	0.27	2.0	0.133	0.334	1	Analytical or derived from analytical	--	05/2015
Niacin 1	mg	0.197	3	0.003	0.19	0.2	2.0	0.182	0.211	1	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid ¹	mg	0.470	2	--	0.44	0.5	1.0	--	--	1	Analytical or derived from analytical	--	05/2015
Vitamin B-6 ¹	mg	0.055	3	0.001	0.05	0.06	2.0	0.05	0.061	1	Analytical or derived from analytical	--	05/2015
Folate, total ¹	μg	12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Folate, food	μg	12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Folate, DFE	μg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Choline, total ²	mg	15.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Vitamin B-12 ¹	μg	0.52	2	--	0.49	0.55	1.0	--	--	1	Analytical or derived from analytical	--	05/2015
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Vitamin A, RAE	μg	90	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Retinol	μg	90	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Carotene, beta ¹	μg	6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha ¹	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Cryptoxanthin, beta ¹	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Vitamin A, IU	IU	309	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Lycopene ¹	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Lutein + zeaxanthin ¹	µg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Vitamin K (phylloquinone)	µg	0.2	9	0.120	0.1	0.3	1.0	-1.305	1.745	2	Calculated or imputed	--	05/2015
Lipids													
Fatty acids, total saturated	g	1.230	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
4:0 ¹	g	0.047	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
6:0 ¹	g	0.035	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0 1	g	0.024	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
10:0 1	g	0.067	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
12:0 1	g	0.062	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
14:0 1	g	0.194	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
15:0 1	g	0.021	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
16:0 1	g	0.570	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
17:0 1	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
18:0 1	g	0.195	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
20:0 1	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
22:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Fatty acids, total monounsaturated	g	0.486	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
14:1 ¹	g	0.021	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
15:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
16:1 undifferentiated ¹	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
16:1 c ¹	g	0.026	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
16:1 t ¹	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
17:1 ¹	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
18:1 undifferentiated ¹	g	0.427	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
18:1 c ¹	g	0.381	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 t ¹	g	0.046	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
20:1 ¹	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
22:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
22:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
24:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Fatty acids, total polyunsaturated	g	0.076	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
18:2 undifferentiated ¹	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
18:2 n-6 c,c ¹	g	0.048	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
18:2 CLAs ¹	g	0.008	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 t not further defined ¹	g	0.009	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
18:3 undifferentiated ¹	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
18:3 n-6 c,c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
18:3i ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
18:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
20:2 n-6 c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
20:3 undifferentiated ¹	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
20:3 n-6 ¹	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
20:4 undifferentiated ¹	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
22:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
22:5 n-3 (DPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
22:6 n-3 (DHA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Fatty acids, total trans	g	0.060	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Fatty acids, total trans-monoenoic	g	0.051	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Cholesterol ¹	mg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Amino Acids													
Tryptophan	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Threonine	g	0.216	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Isoleucine	g	0.286	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Leucine	g	0.529	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine	g	0.471	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Methionine	g	0.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Cystine	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Phenylalanine	g	0.286	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Tyrosine	g	0.265	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Valine	g	0.434	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Arginine	g	0.158	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Histidine	g	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Alanine	g	0.225	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Aspartic acid	g	0.416	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	1.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Glycine	g	0.127	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Proline	g	0.622	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Serine	g	0.325	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2015

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD²Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD